


RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – APRIL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER HOURS OF OPERATION: MON: 7:30 a.m.–5:00 p.m. TUES – FRI: 8:30 a.m.–5:00 p.m.	For questions about the Center or to make an appointment with a certified SHIP counselor call 287-6409 FREE AARP TAX-AIDE FOUNDATION LIMITED APPOINTMENTS REMAINING CALL 287-6409 FOR INFORMATION	8:30 Wednesday Walk 1 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 “LIVING HEALTHY WITH DIABETES” 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 2 9:00 SILVERSTRIDERS FUN WALK 10:30 OPENING GALA 12:00 – 4:00 Bridge 12:30 Just Dance 4:00 SQUARE DANCE START OF SENIOR GAMES SPORTING EVENTS – SEE “SENIOR GAMES AT A GLANCE SCHEDULE”	CLOSED – GOOD FRIDAY 
8:45 Aerobics 6 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 7 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 8 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 “LIVING HEALTHY WITH DIABETES” 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 9 12:00 – 4:00 Bridge 12:30 Just Dance 4:00 SQUARE DANCE	8:45 Aerobics 10 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing Cancelled 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 13 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 BLOOD PRESSURE CHECK 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 14 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 15 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY Cancelled 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 16 10:30 PEN PALS 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE	8:45 Aerobics 17 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing Cancelled 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 20 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB Cancelled 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 21 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 22 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 23 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE	8:45 Aerobics 24 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 27 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 28 10:00 Yoga 10:30 “USE IT OR LOSE IT” 1:00 Table Tennis	8:30 Wednesday Walk 29 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 “WHAT’S IN YOUR POCKET OR POCKETBOOK” GAME 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 30 10:30 CHAIR VOLLEYBALL 11:30 BIRTHDAY RECOGNITION 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance with Jim Cole 4:00 SQUARE DANCE	<div> MAY 1 6:00 PM SENIOR GAMES CLOSING GALA & ATHLETIC AWARDS ** PUBLIC IS INVITED ** </div> <div> COMING IN MAY... WALKING CLUB OLDER AMERICAN'S MONTH </div>

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles
ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Notary Public, Free Wi-Fi available, Scheduled Fixed-Transit Stop

NOTE: PLEASE SEE THE SEPARATE RUTHERFORD COUNTY SENIOR GAMES AT-A-GLANCE SCHEDULE OF EVENTS FOR DATES AND TIMES OF EACH INDIVIDUAL SPORTING EVENTS (you must have pre-registered in March to compete in any of these events)